








# Weekly N.E.W. S.T.A.R.T. Log

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Date							
ONE <b>N</b> utritional add/change/ delete							
<b>E</b> xercise							
<b>W</b> ater							
# of min. <b>S</b> creen time off before bed							
Did you awake rested?							
<b>T</b> eamwork (Volunteer Activity)							
Self- <b>A</b> wareness (journaling)							
# of hours of <b>R</b> est (Sleep)							
Did you awake rested?							
<b>T</b> raining (New monthly activity)							